



OUTDOOR EXERCISE AND CORRECT GROWING

One distinctive feature of the American girl's personality stamps her the world over.

It is not her fine complexion, her brisk carriage, her dashing manner, her brilliant conversation or her liberality, all of which she has in large portion. It is her back that tells the world over that she is a daughter of Uncle Sam.

No less a judge of feminine charm than King Edward VII. of England made this discovery.

The incident in which he announced it to the world took place at Matherbad. Among the guests at the famous health resort was one especially dashing woman, who attracted attention from every one, the more so since she made no especial effort to get it.

Her toilet was the despair of every woman at the hotel, her beauty was the admiration of every man.

Her appearance was ever the signal for a coming of tees, and everywhere she went she was followed by critical eyes and a chorus of "Ohs" and "Ahs," mixed with many inquiries.

There was nothing in her appearance to give any clue to her nationality. As she was essentially Parisian, being dressed according to the latest modes favored by the best modistes of the world's fashion capital.

Yet her dark tresses and olive skin suggested almost an Italian origin. While the debutante was still on King Edward's debut, arrived for his usual stay at the watering place, and naturally to him was pointed out the paragon of fashion and charm that everybody present had been so liberally admiring.

King Edward VII. needed only one look to decide the question, and it was not a look at the lady's face, either, that gave him all the necessary information as to her nationality.

"It is the simplest thing in the world," he said, very much after the manner of Sherlock Holmes in the famous detective stories. "That lady is an American."

"I should not have thought so," replied one of the king's companions. "How do you arrive at the information?"

"Her back tells," replied the royal connoisseur, with a smile. "There is no mistaking the American back. There is none other to compare with it in point of grace."

Later during his stay his majesty was presented to the beautiful woman and in only one minute's conversation he was able to demonstrate the correctness of his theory.

Undoubtedly the American woman carries herself better than her sisters of any other nationality.

The United States was the first country in which the fact for exercise gained a strong favor in the minds of the gentler sex.

During the time that the bicycle craze was at its height more women in this country rode the wheel than anywhere else in the world.

American women have been from the beginning of the golf craze enthusiasts on the sport, and they have also been devoted to their love for tennis.

Lots of American girls pride themselves on their skill in rowing a boat, paddling a canoe or handling the tiller, and a natural feature of their prominence in this direction is their skill in swimming. Plenty of American society girls are better swimmers than most of the men, and the conditions of social life in the United States give them the chance to develop this talent without being regarded as having made themselves too masculine.

Taken a girl like Evelyn Sears, for example. There are not many of the greatest masculine professionals who can beat her at swimming.

The work of American girls at exercises where the figure figures is a notable feature of the various shows devoted to the aquatic kings.

Either at leaping or riding she is a dashing expert.

Here, then, in all these exercises is

the foundation for the beautiful and much admired American back.

It is the product of the proper laws of health, it represents active athletic work directed to a specific purpose, and there is nothing astonishing in the results it has brought.

The modes of the last few years as dictated by the fashion have singularly favored the display of good lines, and the American girl's square shoulders, her straight back and waist line, graceful, but not pulled in to the point of strangulation have represented a triumph of grace that fully merits all the encomiums that King Edward has seen fit to shower upon it.

Take Mrs. Robert Ogden Golet, upon whom the King of England has been pleased to shower his most ardent compliments since she took up her residence in London.

It is impossible for her to hide the lines of her shapely back even though she wanted to, which is not probable. She is a little bit more than passing tall, straight as a telegraph pole, and her gait is the personification of easy grace.

In evening dress the beauty of her back is still more in evidence and still more admirable.

Emmeline Ames is another who has the American back in its best estate. Half a dozen countries have paid tribute to the superb back and shoulders of this Maine girl, who recalls in her superb physique the beautiful figures of the ancient Greek models of feminine beauty.

Nordica also has the straight back, though perhaps it is not quite so flawless as that of the rival singer, for Ames is taller than Nordica.

All who have seen Mary Gordon in "Etna" will remember the wonderful effect of her decolletage in this opera, and it is worthy of note in confirmation of the discovery of King Edward that its effect is due mainly to the faultless lines of the back, and certainly a dress was never cut that exposed this portion of the anatomy more liberally.

The Duchess of Marlborough, who was Consuela Vanderbilt, would hardly be considered a beauty, and yet she has the American back, and hence presents a most excellent appearance in evening dress.

Mrs. John Jacob Astor, who has lately been divorced from her husband, and had settled on her eleven million dollars in lieu of alimony, is gifted in the same way.

The American back has really been the passport to the success of some American women at the court of St. James, for Edward in his cheerful, amiable way, is a lover of the beautiful, and nothing adds more to the appearance of some brilliant function than women who can present a good appearance in evening dress.

The English woman is just a bit too heavy, so is the German; the French and Italian are likely to run a bit too thin, with prominent shoulder blades. It is only to the American woman that the happy medium is to be found.

For a woman of graceful figure there are almost limitless possibilities in a simple and elegant new model on the princess order, with perfectly flat sleeves and an inverted box pleat down the front.

V-neck or broadcloth to be worn with long coats of the same material is excellent for this model, which is particularly suitable for wear with a long close fitting outer garment. Cashmere de soie, satin, heavy crepe, etc., may all be successfully used for this design. This also is one of the few designs which may be used for a frock of winter serge, because the lines are so simple and the coloring so flat that the effect will not be bulky or cumbersome when worn with a coat.

The separate chemise and high collar of the gown are of even cut. The only other trimming on the frock is formed by the embroidery motifs used on the collar at the waist and on the sleeves.

The style of these varies with the material of the gown. For a serge frock they would be presumably of wool embroidery.

Among the new French models is a fascinating design for a simple house gown, such as are now so necessary since the separate waist plays so much less a part in the wardrobe than formerly. The design shown was developed in coral cashmere de soie trimmed with black satin, net and lace. The chemise and high collar are of ecru net trimmed with deep bands of cream colored lace. Black satin is used for the border of the chemise, which is in reality a scarf with long fringed ends held in by a gold buckle. The wide girdle also is of the black satin draped.

President Lowell of Harvard College addressed the second mass meeting of Radcliffe undergraduates recently in the auditorium of the Agassiz House.

President Lowell said that the old-time education of women, training them to be mere ornaments of society, has passed. Now, in the present system of collegiate education, the minds of men and women are trained much alike. There are certain dissimilarities, however, for men train themselves for professions, while women rarely go in to any profession but teaching. And there they are driving out the men.

The lines for the education of both sexes should be the same, he said. There are two things a college education should give the ability to think clearly and deeply and broad, intelligent sympathies. The way to gain these is, first, to study one subject well, and this will teach how to study.

"This idea we are trying to introduce at Harvard College," said President Lowell. "Learn to think profoundly. Then, after you have spent a third of your time at college on the subject, spend the remaining two-thirds on a variety of subjects."

"What you know is not half so important as how you know it. Examinations are not the end of life. To be a mere walking encyclopedia is not desirable. But learn really how to work, and interest yourself in as many things as possible. Then you will be ready to take up any career which opens to you."

The college-bred woman of your generation will have a tremendous influence upon the educational future of the country. Get the very best out of your college course so that the younger generation will have as high educational ideals as possible.—Boston Herald.

Lois Fuller, the dancer, told at a luncheon at the Plaza a story about her class of dancing children.

"I gave the children a Christmas party last year," she said, "and when the pudding came on I said to them: 'I have put in this pudding a coin, a little China doll and a button. Whoever gets the coin will be rich. Whoever gets the doll will be married before the year is out. But whoever gets the button will be an old maid.'"

"Well, the pudding disappeared rapidly, and the little girls soon found the coin and the China doll. But the button did not turn up. No one got the button. This amazed me."

"That night I said to my favorite little girl, as we sat alone by the fire in my room: 'I can't understand what became of that button. I put it in the pudding myself.'"

"I'll tell you," the little girl confessed, turning rose with confusion. "I did the button. I didn't want everybody to laugh at me—the I swallowed it."

Many beautiful monograms are made within a circle, a square, an oblong square, an oval or within a leaf form, and it is frequent in these late and most beautiful lettering devices to find the backgrounds filled in with darning work, with seed-stitch, with basket weave or some small lattice pattern. This method is intended to throw the letters into relief, at the same time that it renders the initial more ornate and beautiful.

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Woman Smashes Tradition

A dainty Southern woman has broken the traditions of a 110-year-old New England college and has been installed as a member of the faculty and an assistant professor in sociology in an institution whose proud boast is that in the first century of its existence it has graduated over fifty judges of courts, fifteen members of congress, and nine governors of States and Territories.

The woman is Miss Rhoda M. White, a graduate of the University of Wisconsin, a former assistant principal in the Chicago public schools. The institution is Middlebury College of Middlebury, Vt., famed throughout the United States as having turned out more college presidents, clergymen and college professors in proportion to its size than any other like institution, and her engagement is hailed as foreshadowing the solution of co-educational problems.

Miss White will give most of her attention as dean to the women who have entered the college in constantly growing numbers ever since the faculty allowed a few girls from the town of Middlebury to take up the same studies as the men about twenty-five years ago. Miss White, who is about 30 years old, has taken her undergraduate and graduate courses in the University of Wisconsin and received the A. B. degree in 1906. She has earned her Ph. D. degree, but has not taken it as yet.—Boston Post.

CARD CASE IN OLD BLUE.

A card case made of natural-colored linen of a slightly rough texture (not the gray linen of duster frame) is one of the few hand-made calling cases that will be found entirely presentable and satisfactory.

Measure the linen over a leather card case and trace the full size upon it. Buttonhole on edge with fine blue silk, dill and dark, all round this line. Cut around this entire edge, but not until an oriental allover pattern has been worked to cover the whole surface. The dark blue of the border with two shades of lighter blue has been used successfully in exquisitely even satin stitch.

When the case has been folded together it should be secured to form each side pocket, the stitches hidden in the buttonhole border.

Black and gray on the tan linen or several shades of brown will be the most reasonable for the carrying out of this case, unless it be done in oriental yellow, blue and dull reds for the woman who leans toward eastern elegances.

Crêpe may be substituted as a background material, if a close, heavy quality is to be found.

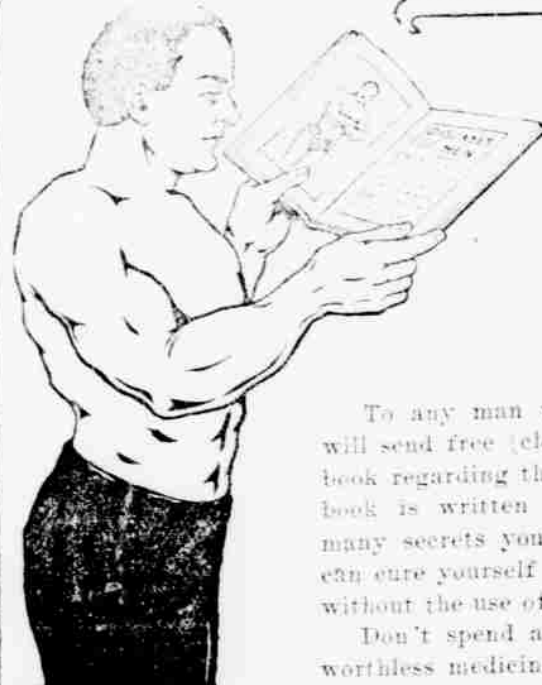
HEALTH FOR WOMEN.

Dr. Annie Lee Hamilton of Boston has been chosen to take charge of the work of educating the general public of New England as to how to maintain health and ward off sickness. The campaign of public health education will be carried out largely by means of lectures before all sorts of organizations that are willing to give the subject a hearing.

"We women of the American Medical Association are delegated by the association to specialize among our own sex in teaching girls and mothers simple truths of preventive medicine," explained Doctor Hamilton. "This is really a multiplied blessing, since mothers will carry the knowledge to their children. It has great value also to the next generation as often preventive medical treatment for a young child means all the difference between a lifetime of sickness and a lifetime of health."

FOUNDED IN HONOUR.

No doubt you have seen in the papers such announcements as this concerning some medicine or other: "If, on trial, you write that this medicine has done you no good we will refund your money." Now, we have never had reason to speak in that way concerning the remedy named in this article. In a trade extending throughout the world, nobody has ever complained that our medicine has failed, or asked for the return of his money. The public never grumbles at honestly and skillfully made bread, or at a medicine which really and actually does what it was made to do. The foundations of WAMPOLE'S PREPARATION are laid in sincerity and honour, the knowledge of which on the part of the people explains its popularity and success. There is nothing to disguise or conceal. It was not dreamed out, or discovered by accident; it was studied out, on the solid principles of applied medical science. It is palatable as honey and contains all the curative properties of pure Cod Liver Oil, extracted by us from fresh cod livers, combined with the Compound Syrup of Hypophosphites and the Extracts of Malt and Wild Cherry. This remedy is praised by all who have employed it in any of the diseases it is recommended to relieve and cure, and is effective from the first dose. In Anemia, General Debility, Influenza, and all Throat and Lung Troubles, it is a specific. Dr. Thos. Hunt Stucky says: "The continued use of it in my practice, convinces me that it is the most palatable, least nauseating, and best preparation now on the market. You can take it with the assurance of getting well. One bottle proves its name. It cannot disappoint you." Sold by chemists.



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Three countries whose most fashionable women are accustomed to smoking cigarettes, the fact that the Czarina of Russia is an abstinent in the fact that she is a mother and much engaged to her court ladies.

Not only does the Empress refrain from smoking, but at the same time she is a mother and much engaged to her court ladies. The Czarina of Russia is an abstinent in the fact that she is a mother and much engaged to her court ladies.

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